

Friendship Heights
Village Center



Calendar
of Events **2005**

A U G U S T						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 10 a.m.: Great Books 10:30 a.m.: Drop-in Tai Chi 11:30 a.m.: Strength Training 2:30 p.m.: Drawing and Painting 7:30 p.m.: Yoga	2 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist 6:45 p.m.: Drawing and Painting 7 p.m.: Mat Pilates	3 10:15 a.m.: Yiddish 11 a.m.: Strength Training 1 p.m.: Portraiture in Pencil and Pastel 7:30 p.m.: Concert: USA Canteen	4 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m. – 4 p.m.: Village Playtime 1 p.m.: Chinese Brush Painting 6:30 p.m.: Scrabble 7 p.m.: Movie: Being Julia	5 10:30 a.m.: Coffee and Current Events	6 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs
7 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 11:30 a.m.: Depart for "Lion King" 11 a.m. – 1:30 p.m.: Art Reception	8 10 a.m.: Great Books 10:30 a.m.: Drop-in Tai Chi 11:30 a.m.: Strength Training 2:30 p.m.: Drawing and Painting 8 p.m.: FRIENDSHIP HEIGHTS COUNCIL MEETING	9 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist 6:45 p.m.: Drawing and Painting 7 p.m.: Mat Pilates	10 10:15 a.m.: Yiddish 11 a.m.: Strength Training 1 p.m.: Portraiture in Pencil and Pastel 1 p.m.: Suburban Lecture: Joint Replacement Surgery 1 p.m.: Health Insurance Counseling 7:30 p.m.: Concert: Hui O Ka Pua 'Ilima	11 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m. – 4 p.m.: Village Playtime 1 p.m.: Chinese Brush Painting 6:30 p.m.: Scrabble 7 p.m.: Movie: Hitch	12 10:30 a.m.: Coffee and Current Events 12:15 p.m.: Sunrise Special Lunch 1 p.m.: Special Concert: Sheila Grimes	13 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 9:30 a.m.: Depart for Wegmans
14 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	15 10 a.m.: Great Books 10:30 a.m.: Drop-in Tai Chi 11:30 a.m.: Strength Training	16 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist 6:45 p.m.: Drawing and Painting 7 p.m.: Mat Pilates	17 10:15 a.m.: Yiddish 11 a.m.: Strength Training 1 p.m.: Portraiture in Pencil and Pastel 7:30 p.m.: Concert: Sounds East	18 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m. – 4 p.m.: Village Playtime 1 p.m.: Chinese Brush Painting 6:30 p.m.: Scrabble 7 p.m.: Café Muse	19 10:30 a.m.: Coffee and Current Events	20 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs
21 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	22 10 a.m. – 2 p.m.: MVA Mobile Office 10 a.m.: Great Books 10:30 a.m.: Drop-in Tai Chi 11:30 a.m.: Strength Training	23 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist 6:45 p.m.: Drawing and Painting 7 p.m.: Mat Pilates	24 10:15 a.m.: Yiddish 11 a.m.: Strength Training 1 p.m.: Portraiture in Pencil and Pastel 1 p.m.: Health Insurance Counseling 7:30 p.m.: Concert: IONA	25 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m. – 4 p.m.: Village Playtime 1 p.m.: Chinese Brush Painting 6:30 p.m.: Scrabble 7 p.m.: Movie: Phantom of the Opera	26 10:30 a.m.: Coffee and Current Events	27 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs
28 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	29 10 a.m.: Great Books 10:30 a.m.: Drop-in Tai Chi	30 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist 6:45 p.m.: Drawing and Painting 7 p.m.: Depart for Wolf Trap	31 10:15 a.m.: Yiddish 1 p.m.: Portraiture in Pencil and Pastel 7:30 p.m.: Concert: Jack Stanton	<p>Please note that this month's Village Council meeting will be held Monday, Aug. 8 at 8 p.m.. The agenda for the meeting is sent to the manager of each building in the Village the week before the meeting with the request that it be posted.</p>		

Shuttle bus hours



Monday through Friday 6:40 a.m. to 9:40 p.m.
Saturday and Sunday 8 a.m. to 7 p.m.

Village Center Hours

Monday through Thursday 9 a.m. to 9 p.m.
Friday 9 a.m. to 5 p.m.
Saturday and Sunday 9 a.m. to 2 p.m.

The Friendship Heights Village Center is open to everyone. People who live or work in the Village are especially welcome.

THIS MONTH'S SPECIAL LUNCH AND PROGRAM

August's special lunch, prepared by Jelena Koprivica, Dining Services Coordinator of Brighton Gardens, will be held on **Friday, Aug. 12, at 12:15 p.m.** The menu will include tossed salad, chicken primavera with summer vegetables, and cherry pie for dessert. The cost is \$7, which must be paid when you make your reservation. Please reserve by Wednesday, August 10.

Following lunch, please stay for a piano concert performed by Sheila Grimes **at 1 p.m.** Mrs. Grimes studied at the Paris Conservatory of Music and the Academy of Music of Scotland. She completed her chamber music training at the Royal Conservatory of Music in Brussels. She is the pianist and director of Les Amis de Mozart.